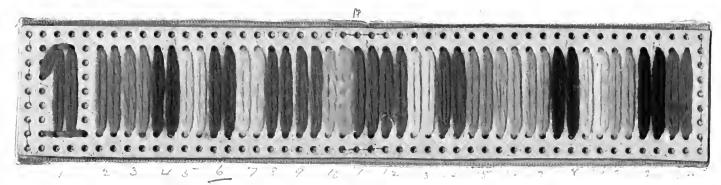




LIFE HISTORY LALBUM



BERKELEY
LIBRARY
UNIVERSITY OF
CALIFORNIA

TEST OF COLOUR VISION.

1-6-11-15-A

The test should be made in good daylight, and without the interference of any bystander, either by remark, gesture, or expression of countenance.

DESCRIPTION OF THE CARD.—The card contains 22 bands of differently coloured wools. The first of these is stitched into the form of the RABIC Roman numeral 1, and, for further distinction, is separated by a space from the others. This band counts as No. 1, the next to it as No. 2, and so on to No. 22 at the end. No. 1 is of a light green colour, and five of the remaining bands are also green or greenish, some having a strong, others a faint, and others a very faint, tinge of the colour.

TEST.—Examine the card deliberately, and form your own unbiased opinion as to which these five bands are, and note down at once the numbers of those you have fixed upon. Finally, transfer your notes to the page of the Album that contains the Anthropometric Register corresponding to your age.

EXAMPLE.—Suppose you had selected the 3rd, 5th, 7th, 15th, and 19th bands; then the entries in the Album would stand as follows:—

Colour Vision 3, 5, 7, 15, 19.

If you were of the age of 21, the entry would be made in page 73.

If you find that your numbers do not correspond with those that others, especially women, may agree in selecting, then your colour sense is probably defective, and should be further examined by some person skilled in the matter. Women are very rarely colour blind.

NTERC

11 18 21

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11 †

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64/8/126 310 12,6.115211 16/1/8 12/2 11, 1821, 1-6-11-18-21

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LIFE HISTORY ALBUM

PREPARED BY DIRECTION OF THE COLLECTIVE INVESTIGATION COMMITTEE OF THE BRITISH MEDICAL ASSOCIATION

EDITED BY

FRANCIS GALTON, F.R.S.,

Chairman of the Life-History Sub-Committee.



London :

MACMILLAN AND CO.

1884

GN56 .G3

LONDON:

R CLAY, SONS. AND TAYLOR,
BREAD STREET HILL, E.C.

52///

LIFE HISTORY ALBUM.

Containing the Records of the Life of

(NAME)— Lew Trum.

BORN— Hardafur in in.

AT-

DIRECTIONS TO THE BINDER.

Plates :--

That from Birth to 5 years is to face page 12

,,	5 to 10	,,	,,	20
,,	10 to 15	,,	,,	36
,,	15 to 20	٠,	,,	52
,,	20 to 25	,,	,,	68

The two Plates, from Birth to 25 years, and that from 25 to 50 years, are to face one another, and to be inserted between pages 84 and 85. That from 50 to 75 years is to face page 124.

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It is hoped that these Albums will be the means of permanently recording facts that would otherwise fall into oblivion, and which may hereafter be communicated to investigators into the laws of growth and disease.

Copies of the tables of growth and development, and extracts from the other observations, will be gladly received by the Collective Investigation Committee. They should be sent at intervals of a year, or of five years, addressed to The Secretary of the Collective Investigation Committee, 161A, Strand, W.C. It is not necessary that these copies should bear the name of the person to whom they refer, if they are forwarded through the medical adviser of the family who guarantees their truthfulness, and if they bear a metto, to prevent duplicates being hereafter dealt with as separate documents. The motto should be inscribed once for all on the Album, and, for the convenience of indexing, should consist of one letter and four figures, taken at random, thus—M. 1437, or B. 2856.

To the Owner of this Book.

THIS Album is designed to contain the Chart of your Life, and to be a record of your own Biological experience. It is obvious that such a record must be of personal interest, but, independently of this, if the observations are regularly made and registered according to the directions, the Album will prove of great value hereafter to yourself and to your children in the following ways:—

- 1. It will show whether, and in what way, your health is affected by the changes that take place in your residence, occupation, diet, or habits.
- 2. It will afford early indication of any departure from health, and will thus draw attention to conditions which, if neglected, may lead to permanent disorder. Without such a record, the early signs of disease which are commonly slight and gradual, are very likely to pass unrecognised, and thus the opportunity will be lost of seeking advice at the time when preventive or curative measures can be most successfully taken.
- 3. A trustworthy record of past illnesses will enable your medical attendants to treat you more intelligently and successfully than they otherwise could, for it will give them a more complete knowledge of your "constitution" than could be obtained in any other way. This knowledge is so important that life itself may in many illnesses depend upon it.
- 4. The record will further be of great value to your family and descendants; for mental and physical characteristics, as well as liabilities to disease, are all transmitted more or less by parents to their children, and are shared by members of the same family. "The world is beginning to perceive that the life of each individual is in some real sense a prolongation of those of his ancestry. His character, his vigour, and his disease, are principally theirs. . . . The life-histories of our relatives are, therefore, more instructive to us than those of strangers; they are especially able to forewarn and to encourage us, for they are prophetic of our own futures."—(Fortnightly Review, Jan., 1882, p. 31.)



LIFE HISTORY ALBUM.

DIRECTIONS FOR USE.

It is intended that one of these books should be provided for each child at its birth, but it may be begun at any other period of life. The parents should cause the various observations to be methodically registered during childhood. If the child is away from home as a boarder at school, the entries may be made at each time of returning home. On leaving school the book may be handed over to its owner, who will probably by that time sufficiently recognise its value and interest to continue the observations. Some such book should always be provided for children and young adults; but it is never-too late to begin one, for even those who do so late in life have much to record that is of value to themselves and to their children.

GENEALOGICAL RECORD.—The first form requires no explanation, its object is self-evident. A carefully prepared family medical history is of the greatest value, for most diseases are hereditary, some very strongly so; and such a record of hereditary predisposition makes it possible to foretell and to guard against some diseases and to treat others with success.

Care and time should be bestowed in the first instance in preparing this record of the family medical history. Minute inquiries should be made of all surviving relatives, each of whose replies should be checked, and, if necessary, corrected by replies to the same question by other persons; the doctors of each deceased relative may be applied to, or the cause of death of any one who died in England since June, 1837, may be learnt by personal inquiry at the Registrar-General's Department at Somerset House, Strand, W.C., on payment of one shilling for each "particular search," extending over a period not exceeding five years. There are similar opportunities at the General Register offices in Scotland, at Edinburgh, for registrations since the beginning of 1855, and in Ireland, at Dublin, for those since the beginning of 1864.

77 th 1 is t

When this family record has once been made for any member of a family, it can readily be copied into the books of the other members, to every one of whom it is of like importance.

The following diseases are more particularly hereditary, and the existence of one or more of them in any member of the family should be recorded; the age at which the disease first appeared in each member should be stated:

Gout, rheumatism, consumption, spitting of blood, struma (scrofula), scrofula, cancer, (and other forms of tumour), bronchitis, asthma, paralysis (state whether of both legs or of one side), epilepsy, insanity, heart disease, dropsy of abdomen, general dropsy (Bright's disease), diabetes, stone, goitre, fistula, the peculiar liability to bleed seriously from slight cuts, and some other diseases.

The liability of a member of the family to either of the following minor ailments should be noted:—

Colds in the head or throat, sick headaches, sleeplessness, boils, quinsy, enlarged glands in the neck, bleeding at the nose, indigestion, bilious attacks (state whether accompanied by jaundice, vomiting, or headache), constipation, skin eruptions (their nature should be stated if known), varicose veins, &c.

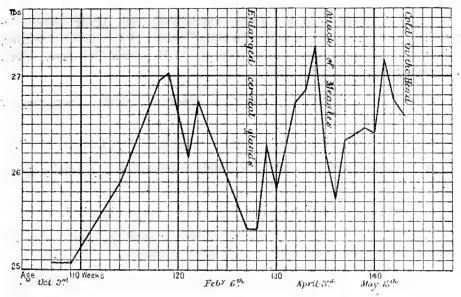
Also any imperfections of sight, hearing, or dentition.

DESCRIPTION OF CHILD AT BIRTH.—The observations asked for under this head are simple and can be easily made. They are important in relation to subsequent development, and other points of interest. With regard to the much-disputed question of the cause of "mother's marks," it should be recollected that no statement concerning any strong maternal impressions can be accepted as good evidence unless the facts were recorded at the time and before the birth of the child.

HEIGHT AND WEIGHT.*—The importance of frequent observation at regular intervals on these is much greater than usually supposed. Height is perhaps not so important as weight. Still, periods of unusually rapid growth are periods of danger to health; they should therefore be noted, and physical and mental fatigue should be carefully guarded against during them.

Variations of weight are the surest guides to variations of health. Arrested increase, or a gradual or sudden loss, of weight, often occurs before any other symptoms of disease can be detected, and may be the first to give the alarm, and call attention to the health of the child. Insidious diseases may thus be met early and checked; dangerous illnesses may be avoided, and even life preserved, by a careful attention to this indication. The following small chart is drawn from one made by Professor H. P. Bowditch, of Harvard University, U.S.A., and well illustrates the use of the weighing machine in giving warning of approaching illness.

^{*} Height should be measured without shoes, and weight in ordinary in-door dress.



The observations were made every week upon a girl between the ages of two and three years. The first severe and prolonged loss of weight during December and January of the year indicated a disorder of healthy nutrition, which subsequently manifested itself by enlarged glands in the neck (and probably in the abdomen), and disordered digestion. Her health rapidly improved under treatment until March 27th, when she again began to lose weight rapidly; this proved to be due to the fact that she had absorbed the poison of measles, which was then incubating, and appeared on April 5th. She then again gained weight up to May 15th; the next loss was due to a severe cold in the head.

Every parent would do well to obtain a weighing machine for the use of the household, especially if there be many children; the expense will be well repaid by the increased facility it gives of attending to and managing the health of children. The accuracy of public weighing machines cannot always be depended upon.

CHARTS.—There are five charts embracing periods of five years each, which are intended for use during the period of growth; on these observations can be registered every month. The other charts are intended to contain observations extending over successive periods of twenty-five years each, and the entries in these can be made annually or half yearly.

The curves printed on the charts show the average height and weight of the male and female population of the United Kingdom at the various ages; these are intended to act as guides to the owner; by means of them any deviations from the normal in his own curve can be immediately recognised. They were constructed by Mr. Charles Roberts, to illustrate the report of the Anthropometric Committee of the British Association, 1883.

LIFE HISTORY.—On the pages succeeding each chart should be recorded, as concisely as possible, the main features of the person's history, habits, and surroundings, during the period to which the chart refers. The points to be noticed are:—

- 1. Place of residence, any change of residence, whether temporary or permanent.
 - 2. Occupation, where carried on, the number of hours devoted to it.
- 3. Recreations, their nature, the number of hours a day usually given to them.
 - 4. Sleep, its amount, whether liable to be much disturbed.
- 5. Food, the usual daily number of meals, and the time; also the average daily amount of meat and alcohol consumed.
 - 6. Anxiety, whether much or little during the year, and its subject.
 - 7. Any very unusual over-fatigue, either mental or bodily.
- 8. Any important events during the year, such as going to school or college, beginning professional studies, passing examinations, obtaining prizes, entering professional life or business, marriage, loss of near relatives, &c.

These notes may be very brief. It is only necessary to note the points that have had an effect upon the owner's health or mental state. If they have not been previously made, each birthday would be a suitable opportunity for passing in review the events of the year, and recording all that is noteworthy.

MEDICAL HISTORY.—The next two pages are devoted to the medical history of the same period as that of the life history. All the entries in them should be made by a medical man; he should be asked to record the nature of any illness for which he may have attended the owner, and especially to note any "physical signs" of disease which were present during the illness and to state whether or not they persisted at the termination of the illness; also any idiosyncrasy in the action of drugs, or any point of importance in the treatment. The signature of the observer should be appended to each note.

These notes will be of very great value to the owner in after years, and as they will entail considerable loss of time and some trouble, a fee should be paid to the medical man who makes them.

ANTHROPOMETRIC OBSERVATIONS.—The observations specified on the next form should be made at the end of the fifth year of age, and in each subsequent year up to the twenty-fifth. The hearing and sight of children should be tested at frequent intervals, for it not uncommonly happens that children are blamed for carelessness and inattention when they are really suffering from loss of sight or hearing, and these defects, if detected, can often be remedied or their advance arrested. The colour of the hair and eyes is liable to change during childhood and youth, and should be recorded. The age at which the hair becomes grey should be noted; also that at which baldness appears. The questions on the form are sufficiently explicit, and require no further remarks.

To test the *strength of pull* a small spring weighing machine is used, with a handle attached to each hook. It is held in the position of a bow, in the act of being drawn by an archer. The observation, though of interest, is not of primary importance. The returns of the Anthropometric Committee give $77\frac{1}{2}$ lbs. as the most frequently observed pull for an adult male, and 40 lbs. for an adult female. The highest pull recorded by their Committee is 150 lbs., the lowest 20 lbs.

PHOTOGRAPHS.—Two pages are left in the portion of the album devoted to each successive five years to receive photographs of the owner that have been taken during the period. They should be obtained from the photographer "unmounted," and be pasted in the book, and the date at which each was taken should be written below it.

If the photographs are especially taken for this purpose, they should be reductions to one-seventh the size of the original face. The vertical distance in an ordinary adult face between the line of the pupils of the eyes and that passing between the lips would then be four-tenths of an inch. An exact full-face and a profile should be obtained. It is desirable that these portraits should be printed by some "permanent" process.

MARRIAGE AND CHILDREN.—At the end of the book a few pages are left, on the first of which the name of the wife or husband of the owner and the date of marriage may be inscribed; a subsequent page should be devoted to notes upon each one of the children, giving the date of birth, the nature and date of any illness, any noticeable peculiarities of character or ability, and any other facts about the child that may seem especially worthy of record.

• • •

Genealogy of

,

RELATION.	BAPTISMAL NAME.	SURNAME.	PLACE OF BIRTH.	DATE OF BIRTH. YEAR. MONTH. DAY.	Age at Death.
Self					
Own Brothers					•
" Sisters					
Father					
Father's Father.					••••
" Mother					
Father's Brothers					
" Sisters…					
Mother					
Mother's Father.					
" Mother.					
Mother's Brothers					
" Sisters…					

	MINOR AILMENTS, ILLNESSES, AND CAUSE OF DEATH OF RELATIVES.					
			•			
• 0						
***************************************	• • • • • • • • • • • • • • • • • • • •		• • • • • • • • • • • • • • • • • • • •			
•••••••••••••••••••••••••••••••••••••••	• • • • • • • • • • • • • • • • • • • •			• • • • • • • • • • • • • • • • • • • •		• • • • • • • • • • • • • • • • • • • •
•••••••••••••	***************************************	*****************				* * * * * * * * * * * * * * * * * * * *
				•		
***************************************	*****************		• • • • • • • • • • • • • • • • • • • •	•••••		
***************************************				**************	***************************************	***************
***************************************		· · · · · · · · · · · · · · · · · · ·	•••••			
						,,,,,,

Description of Child at Birth.

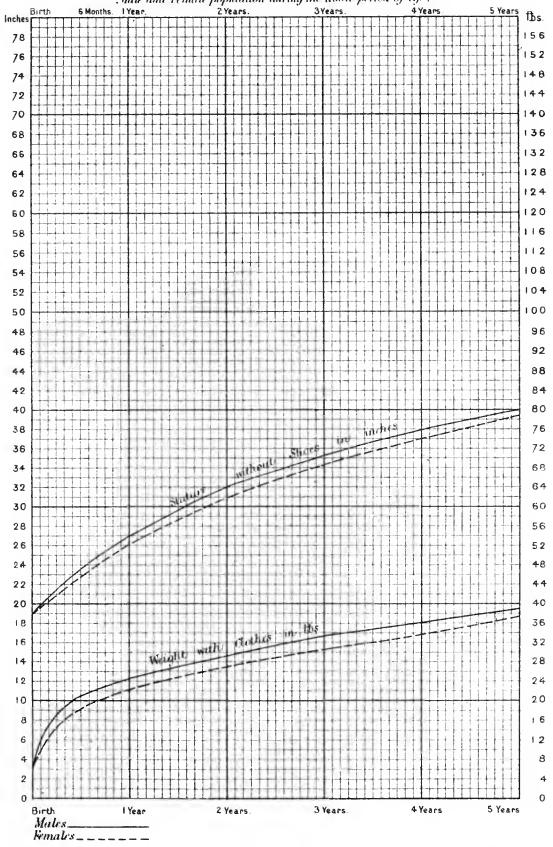
Name		
Date o	of Birth	
Previo	us health of Mother*	
Birth a	at full time, or premature	
Labou	r natural, or instrumental	
Physic	al peculiarities, if any (including "Mother's mark	ks")
Weigh	t at birth (naked)	
Lengtl	h	
Girth	round nipples	
Colou	r of eyes†	
Colou	r of hair, it any	
Child	healthy, or ailing	
,,	quiet, or active	
,,	feeble, or vigorous	
"	good-tempered, or fretful	

^{*} Any strong mental impression, fright, shock, or fancy, occurring to the mother previous to the birth of the child, should be recorded if possible before the birth.

[†] The cycs of infants at birth are always dark blue; but it should be observed at what period after birth their colour begins to change. This generally occurs within a few days.

CHART I ON WHICH TO RECORD THE STATURE AND WEIGHT FROM BIRTH TO 5 YEARS OF AGE.

The printed curves show the average Stature and Weight of the Male and Female population during the above period of life.



the annual control of the second seco

Kecord of Life Mistory from Birth to Five Years of Age.

•

DATE.

Record of Medical Wistory

from Birth to Five Years of Age.

Anthropomeiric Observations

made at end of Fifth Year.

1.		f eyes		dark grey; bro rk brown (black	own grey (green, light hazel);
2.		f hair	wn (flaxen), light bro	wn, brown, da	rk brown; fair 1ed (golden, sandy),
3.			• •		jet black. n females, to be made below the breast.)
4.	Strength	of pull. 2.2.	hush	••••••	
5.	Acutenes	s of Vision	1 * :		
	Note	the greate	st distance at v	which No.	I. is read in inches
	,	,,	11	No.	II. is read in feet
	(Colour visi	on *	••••	
6.	Hearing.	Greatest	distance in fee	t and inch	es at which a watch can be heard.
		By Yourself.	By Companions abo	OUT THE SAME ARE NOT ESPEC	Age as Yourself, who are not Relatives, nally Dull or Quick of Hearing.
Ri	ght ear				1
_ '	ft ear		, 8 8		
7.	Any notic	eable duln	ess or acutenes	ss of smell	, taste, or touch
8.	Age at wh	nich the firs	st tooth of the	first set is	cut
	,,	" las		,,	
	,	,,	* See Appe		s.
			Tr-		D

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.). (Note at what age child was able to walk alone.)
10.	Mention any recent trial of mental power (hard intellectual work). (Note at what age child began to speak.)
11.	Note any recently recognised bodily or mental characteristic.
12.	Record any marked artistic capacity.
13.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Birth and Five Years of Age.

•

CHART II ON WHICH TO RECORD THE STATURE AND WEIGHT FROM 5 TO 10 YEARS OF AGE.

•

DATE.

Record of Life Mistory

from Five to Ten Years of Age.

The second of th

Record of Medical Mistory

from Five to Ten Years of Age.

1 - \$ 1 1/50 - 664

Anthropometric Observations.

made at end of Sixth Year. .

I.	Colour of eyes						
	State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).						
2.	Colour of hair						
	State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.						
3.	Chest girth round nipples						
4.	Strength of pull						
5.	Acuteness of Vision*:—						
	Note the greatest distance at which No. I. is read in inches						
	" No. II. is read in feet						
	Colour vision*						
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.						
	By Companions about the same Age as Yourself, who are not Rela- Yourself. By Companions about the same Age as Yourself, who are not Rela-						
Rig	ght ear						
Le	ft ear						
7.	Any noticeable dulness or acuteness of smell, taste, or touch						
	•						
8.	State what teeth of the permanent set have been cut, with dates.						

9. Mention any recent trial of bodily strength or endurance (long walk, &c.)
(Note at what age child was able to walk alone.)
The state of the s
de de la
o. Mention any recent trial of mental power (hard intellectual work).
(Note at what age child began to speak.)
et fortet for the first
and the state of t
Note any recently recognised bodily or mental characteristic.
the order to the contract of t
And the second of the second o
The desire of the contraction of the terms
12. Record any marked artistic capacity.
and the second s
manus described to the second of the second

13. Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Anthropometric Obserbations

made at end of Seventh Year.

ſ.	Colour of	f eyes				•••••		
	St	ate whether da	ark blue, blue br	; grey, dark g own, dark bro	grey ; brown ; wn (black).	grey (green, l	ght hazel);	
2.	Colour of	hair				• • • • • • • • • • • • • • • • • • • •		************
	State w	hether fair bro	own (flaxen), I	ight brown, br	own, dark bro	wn; fair red	(golden, sandy	7),
	4						in the ide.	LI. LI
3.	Chest gir	th round r						
		(Measured wit	h the arms do	wn after coun	ting ten.)		
4.	Strength	of pull	******	•••••		••••••••	•••••	••••••
5.	Acuteness	s of Visio	n *:					
	Note	the great	est distan	ce at whic	h No. I. i	s read in	inches	•••••••
		,	•	,,				
	(Colour vis	ion *				J	.1 .17
6.	Hearing.	Greatest	distance	in feet and	d inches a	t which a	watch car	n be heard
		BY Yourself.	By COMPAN	IONS ABOUT	THE SAME A	GE AS YOURS	SELF, WHO AR R QUICK OF H	e not Rela- learing.
Ris	ght ear					 		
	•					- * .	vital.	
Lei	ft ear				• • • • • • • • • • • • • • • • • • • •			• • • • • • • • • • • • • • • • • • • •
7.	Any notic	ceable duli	ness or ac	uteness of	smell, tas	ste, or tou	ich	
8.	State wha	it teeth of	the perma	anent set l	nave. been	cut, with	dates.	11 , 7

^{*} See Appendix for Tests.

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
10.	Mention any recent trial of mental power (hard intellectual work).
11.	Note any recently recognised bodily or mental characteristic.
12.	Record any marked artistic capacity.
•	Note any recombleness recently observed to relatives associate source.
13.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Anthropometric Obserbations

made at end of Eighth Year.

.1	Colour of	eyes						
			rk blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).					
2.	Colour of	hair						
			wn (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburo), jet black.					
3.	Chest girth round nipples. (Measured with the arms down after counting ten.)							
4.	Strength o	f pull						
5.	Acuteness	of Vision	ı * :					
	Note t	the greate	st distance at which No. I. is read in inches					
-	,,		" " No. II. is read in feet					
	C	Colour visi	on *					
6.	Hearing.	Greatest	distance in feet and inches at which a watch can be heard.					
		By Yourself.	By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.					
Ri	ght ear	•••••••••••••••••••••••••••••••••••••••						
Le	eft ear	•••••						
7.	Any notic	eable dul	ness or acuteness of smell, taste, or touch					
			•					
8.	State of te	eth.						

^{*} See Appendix for Tests.

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
10.	Mention any recent trial of mental power (hard intellectual work).
rı.	Note any recently recognised bodily or mental characteristic.
12.	Record any marked artistic capacity.
13.	Note any resemblances recently observed to relatives, especially parents and
	grandparents, or any similarities in illness at corresponding ages.

Anthropometric Observations.

made at end of Ninth Year.

I.	Colour of eyes
	State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
2.	Colour of hair
	State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, anburn), jet black.
3∙	Chest girth round nipples
4.	Strength of pull
5.	Acuteness of Vision *:
	Note the greatest distance at which No. I. is read in inches
	" No. II. is read in feet
	Colour vision *
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.
	By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.
Ri	ght ear
Le	ft ear
7.	Any noticeable dulness or acuteness of smell, taste, or touch
8.	State of teeth.

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
10.	Mention any recent trial of mental power (hard intellectual work).
11.	Note any recently recognised bodily or mental characteristic.
12.	Record any marked artistic capacity.
13.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Anthropometric Obserbations

made at end of Tenth Year.

ı.	Colour of eyes					
2.	Colour of hair State whether fair brown (flaxen). light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, anburn), jet black.					
3∙	Chest girth round nipples					
4.	Strength of pull					
5.	Acuteness of Vision *:-					
•	Note the greatest distance at which No. I. is read in inches					
	" " No. II. is read in feet					
	Colour vision *					
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard					
	By Yourself. By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.					
Rig	ht ear					
Lef	t ear					
7.	Any noticeable dulness or acuteness of smell, taste, or touch					
8.	State of teeth.					

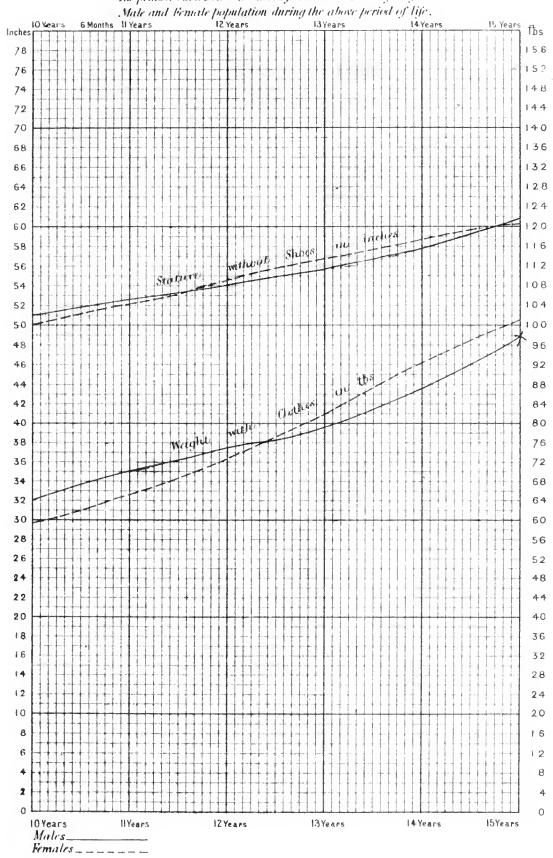
	34
9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
. 10.	Mention any recent trial of mental power (hard intellectual work).
II.	Note any recently recognised bodily or mental characteristic.
τ2.	Record any marked artistic capacity.
т 3.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Five and Ten Years of Age.

CHART III ON WHICH TO RECORD THE STATURE AND WEIGHT FROM 10 TO 15 YEARS OF AGE.

The printed curves show the average Stature and Weight of the



THE THE THE THE SECTION AS SECTION AS SELECTION AND SECTION AND SECTION ASSESSMENT OF THE PROPERTY OF THE PROP

Record of Life Mistory

from Ten to Fifteen Years of Age.



DATE.

Record of Medical Mistory

from Ten to Fifteen Years of Age.

Anthropometric Observations

made at end of Eleventh Year.

r.		-							••
	Sta	ate whether da	ark blue, blue bro	grey, dark g wn, dark bro	grey; brown g wn (black).	grey (green, li	ght hazel);		
2.									•••
	State wh	nether fair b ro	wn (flaxen), li red, dark r	ght brown, br ed (chestnut,	own, dark bro auburn), jet b	own ; fair red dack.	(golden, sand	у),	
3.	Chest girt							.,	
		(Measured wit	h the arms do	wn after coun	ting ten)			
4.	Strength o	of pull	••••••••	•••••	•••••	· · · · · · · · · · · · · · · · · · ·	,		٠.
5.	Acuteness	s of Visio	n *:						
	Note	the great	est distand	ce at whic	h No. I. i	is read in	inches		
		,,	,,	"	No. II.	is read in	feet		
	(Colour vis	ion*	•••••		• • • • • • • • • • • • • •	•••••		
6.	Hearing.	Greates	t distance	in feet an	dinches a	at which a	watch ca	in be heard	1.
		By Yourself.	By Compani Tives, A	ONS ABOUT 1	HE SAME AG	E AS YOURSE	ELF, WHO ARE QUICK OF I	NOT RELA-	
								6	
Ri	ght ear				 		ļ		
Le	ft ear								
			<u> </u>		·				
7.	Any notic	ceable du	lness or a	uteness o	f smell, ta	aste, or to	uch	••••••	••

8. State of teeth.

^{*} See Appendix for Tests.

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
10.	Mention any recent trial of mental power (hard intellectual work).
	•
ıı.	Note any recently recognised bodily or mental characteristic.
12.	Record any marked artistic capacity.
13.	
	grandparents, or any similarities in illness at corresponding ages.

Anthropometric Gbserbations

made at end of Twelfth Year.

ı.	Colour of	eyes					• • • • • • • • • • • • • • • • • • • •	•••••
	Sta	ate whether da	rk blue, blue; bro	grey, dark g wn, dark bro	rey; brown g wn (black).	rey (green, li	ght hazel);	
2.	Colour of	hair					••••••	
	State w	hether fair bro			own, dark bro auburn), jet b		golden, sandy	7),
3.	Chest girt	lı round n	ipples					•••••••
		(1	Measured with	the arms do	vn after count	ing ten.)		
4.	Strength o	of pull		•••••			••••••	•••••••
5.	Acuteness	of Vision	n * :					
	Note	the great	est distanc	e at whic	h No. I. i	s read in	inches	•••••
	9:	,	,,	,,	No. II. i	s read in	feet	
	(Colour vis	ion *		:	•••••	••••••	
6.	Hearing.	Greatest	distance i	in feet and	l inches a	t which a	watch car	n be heard.
		BY Yourself.	By Compan TIVES,	IONS ABOUT AND WHO ARE	THE SAME A	GE AS Yours	SELF, WHO AR	e not Rela- learing.
Rig	ght ear							
Le	ft ear			•				
7.	Any notic	eable dul	ness Or ac	uteness of	smell tas	ste or tou	ch	
1.	my none	cubic dui	icss or ac	areness of	Sincin, ta.	, or too		••••••••••
8.	State of te	eeth.						

^{*} See Appendix for Tests.

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
10.	Mention any recent trial of mental power (hard intellectual work).
11.	Note any recently recognised bodily or mental characteristic.
I 2.	Record any marked artistic capacity.
13.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.
	•

s,

Anthropometric Obserbations

made at end of Thirteenth Year.

Colour of eyes				
State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).				
Colour of hair				
State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.				
Chest girth round nipples				
(Measured with the arms down after counting ten.)				
Strength of pull				
Acuteness of Vision *:				
Note the greatest distance at which No. I. is read in inches				
" No. II. is read in feet				
Colour vision *				
6. Hearing. Greatest distance in feet and inches at which a watch can be heard.				
BY YOURSELF. BY COMPANIONS ABOUT THE SAME AGE AS YOURSELF, WHO ARE NOT RELATIVES, AND WHO ARE NOT ESPECIALLY DULL OR QUICK OF HEARING.				
ght ear				
ft ear				
7. Any noticeable dulness or acuteness of smell, taste, or touch				
State of teeth.				

^{*} See Appendix for Tests.

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
10.	Mention any recent trial of mental power (hard intellectual work).
11.	Note any recently recognised bodily or mental characteristic.
I 2.	Record any marked artistic capacity.
13.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Anthropometric Observations

made at end of Fourteenth Year.

ı.	Colour of eyes				
	State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black),				
2.	Colour of hair				
	State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.				
3.	Chest girth round nipples				
	(Measured with the arms down after counting ten.)				
4.	Strength of pull				
5.	Acuteness of Vision *:—				
	Note the greatest distance at which No. I. is read in inches				
	" " " No. II. is read in feet				
	Colour vision *				
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.				
	By Yourself. By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.				
Ri	ght ear				
•					
Le	ft ear				
7.	Any noticeable dulness or acuteness of smell, taste, or touch				
8.	State of teeth.				

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
10.	Mention any recent trial of mental power (hard intellectual work).
11.	Note any recently recognised bodily or mental characteristic.
12.	Record any marked artistic capacity.
13.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Anthropometric Obserbations

made at end of Fifteenth Year.

ı.	Colour of	eyes				•••••		
	Sta	te_whether da	rk blue, blue bro	; grey, dark g wn, dark bro	rey; brown gr wn (black).	rey (green, li	ght hazel);	
2.	Colour of	hair						
	State wh		wn (flaxen), li	ght brown, br	own, dark brov , auburn), jet b	vn : fair red		
3.	Chest girt	th round r	nipples			•••••		
		(Measured wit	th the arms do	wn after count	ing ten.)		
4.	Strength	of pull	•••••	•••••		•••••		
5.	Acuteness	s of Visio	n *:					
	Note	the greate	est distan	ce at whic	h No. I. is	s read in	inches	••••••
	,	,	"	,,	No. II. i	s read in	feet	
		Colour vis	ion *					
6.	Hearing.	Greates	t distance	in feet ar	nd inches a	it which a	a watch ca	an be heard.
		By Yourself.	By Compa	NIONS ABOUT AND WHO AF	THE SAME A	GR AS YOURS ALLY DULL O	self, who at or Quick of	RE NOT RELA- HEARING.
Rig	ght ear							
Laf	t ear							
LCI	t cai						.1	
7.	Any noti	ceable du	lness or a	cuteness o	of smell, ta	iste, or to	ouch	•••••••••
8.	State of t	eeth.						

	50
9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
10.	Mention any recent trial of mental power (hard intellectual work).
ιτ.	Note any recently recognised bodily or mental characteristic.
12.	Record any marked artistic capacity.
ı 3.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Ten and Fifteen Years of Age.

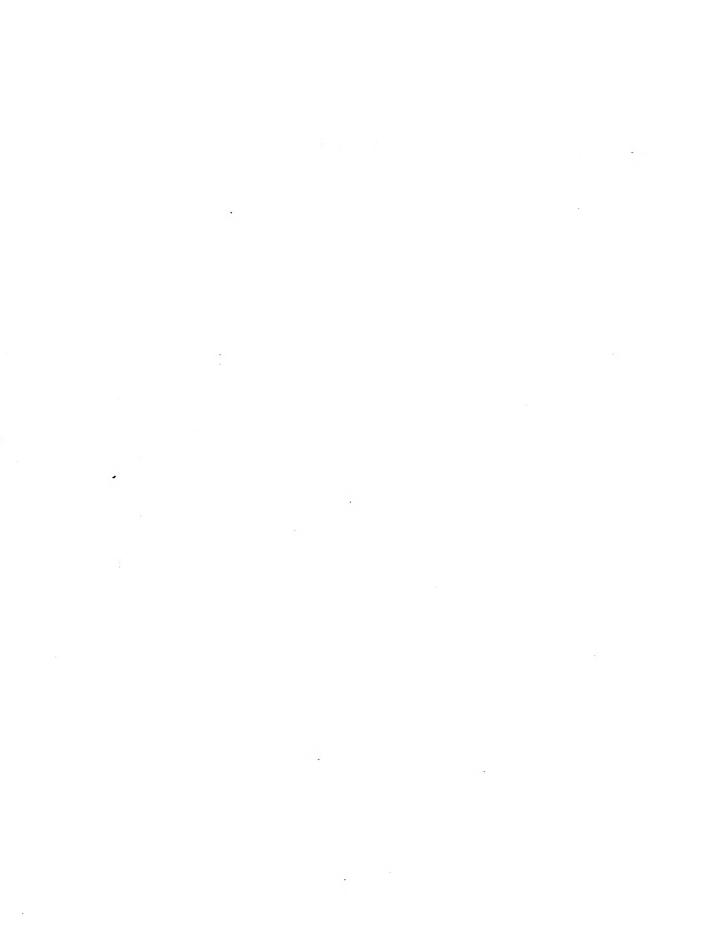
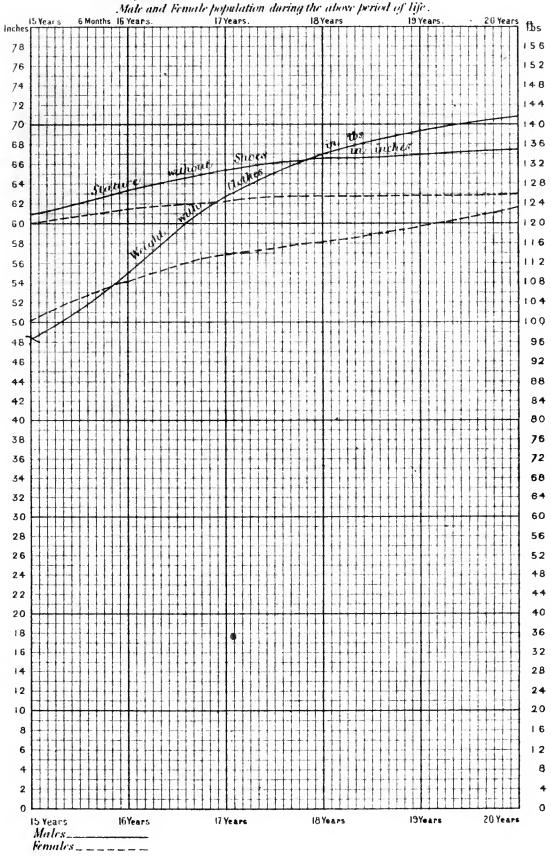


CHART IV ON WHICH TO RECORD THE STATURE AND WEIGHT FROM 15 TO 20 YEARS OF AGE.

The printed curves show the average Stature and Weight of the Male and Female hotalation during the above period of life.



DATE.

Record of Life Mistory

from Fifteen to Twenty Years of Age.

DATE.

Record of Medical Wistory

from Fifteen to Twenty Years of Age.

Jul 70

made at end of Sixteenth Year.

I.	Colour of	eyes	ırk blue, blue	grey, dark g	grey; brown;	grey (green, li				
2.	Colour of	hair Le		ght brown, bred (chestnut,	own, dark bro	own; fair red		y),		
3∙	Chest girth round nipples									
4.	Strength of pull									
5.		s of Visio the greate		e at whic	h No. I.	is read in	inches			
	:	,,	"	**	No. II.	is read in	feet			
6.		Colour vis Greatest						an be heard.		
		By Yourself,				E AS Yours ALLY DULL OF		E NOT RELA- HEARING.		
Rig	ght ear									
Lei	ft ear									
7·	Any notic	0	ness or act	uteness of	smell, ta	aste, or to	uch			
			•							

^{*} See Appendix for Tests.

9•	Mention any recent trial of bodily strength or endurance (long walk, &c.)
10.	Mention any recent trial of mental power (hard intellectual work).
II.	Note any recently recognised bodily or mental characteristic.
12.	Record any marked artistic capacity.
r 3.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

made at end of Seventeenth Year.

r.	Colour of eyes State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).							
2.	Colour of hair State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.							
3.	Chest girth round nipples							
4.	Strength of pull							
5•	Acuteness of Vision*:— Note the greatest distance at which No. I. is read in inches							
	", ", No. II. is read in feet Colour vision *							
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.							
	By Yourself. By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.							
`	ght earft ear							
7.	Any noticeable dulness or acuteness of smell, taste, or touch							
8.	State of teeth.							

^{*} See Appendix for Tests.

9.	Mention any recent trial of bodily strength or endurance (long walk &c.).
10.	Mention any recent trial of mental power (hard intellectual work).
11.	Note any recently recognised bodily or mental characteristic.
12.	Record any marked artistic capacity.
13.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

made at end of Eighteenth Year.

1.			k blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).							
2.			vn (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.							
3.	Chest girth round nipples(Measured with the arms down after counting ten.)									
4.	Strength of	pull								
5.	Acuteness o		st distance at which No. I. is read in inches							
	**		" No. II. is read in feet							
6.	Hearing. (distance in feet and inches at which a watch can be heard. By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.							
	ight ear									
7.	Any notices	able duli	ness or acuteness or smell, taste, or touch							
8.	State of teet	th.								

^{*} See Appendix for Tests.

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
10.	Mention any recent trial of mental power (hard intellectual work).
11.	Note any recently recognised bodily or mental characteristic.
12.	Record any marked artistic capacity.
13.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

made at end of Nineteenth Year.

1.	Colour of eyes
	State whether dark blue, blue; grey, dark grey; hrown grey (green, light hazel); brown, dark brown (black).
2.	Colour of hair State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.
3∙	Chest girth round nipples
4.	Strength of pull
5.	Acuteness of Vision *:— Note the greatest distance at which No. I. is read in inches
	" No. II. is read in feet
	Colour vision *
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.
	By Yourself. By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.
	ght ear
7.	Any noticeable dulness or acuteness of smell, taste, or touch
8.	State of teeth.

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
10.	Mention any recent trial of mental power (hard intellectual work).
11.	Note any recently recognised bodily or mental characteristic.
12.	Record any marked artistic capacity.
13.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Anthropometric Phserbations

made at end of Twentieth Year.

Ι.	Colour o	t eyes									
	St	ate whether o	lark blue, blue br	; grey, dark own, dark br	grey; brown; own (black).	grey (gree	n, light haze	1);			
2.	Colour o	f hair									
	State w	hether fair br	own (flaxen), l red, dark	ight brown, l red (chestnut	brown, dark br , auburn), jet b	own ; fair lack.	red (golden,	sandy),			
	Chast air	th round	ninnlag					·	:		
3.	3. Chest girth round nipples										
4.	Strength	of pull		•••••		•••••	•••••	• • • • • • • • • • • • • • • • • • • •			
5.	Acutenes	s of Visio	on * :—								
	Note	the great	est distanc	e at whic	h No. I. is	s read i	n inches				
	,,	:	,,	,,	No. II.	is read	in feet		· • • •		
		Colour m	ion *								
	`	COlour VI	51011	***********	**************	• • • • • • • • • •		• • • • • • • • • • • • • • • • • • • •	• • •		
6.	Hearing.	Greates	t distance	in feet ar	nd inches a	at which	h a watch	can be hear	rd.		
		,	Ł1 –	-							
		By Yourself.	By Compan	ONS ABOUT :	THE SAME AGE NOT ESPECIALI	AS YOUR LY DULL C	SELF, WHO A OR QUICK OF	RE NOT RELATIVI HEARING.	us,		
					1	1		1			
Rie	ght ear					l I					
1-7	5					F	†				
Le	ft ear				•		,		,		
		1	<u> </u>		<u> </u>						
7.	Any notic	eable dul	ness or ac	uteness o	f smell ta	ste or	touch				
1.	iny nous	cabic da.	ness of ac	atement o		0,0,					
š.	State of T	Teeth.			٩		**				

^{*} See Appendix for Tests.

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
10.	Mention any recent trial of mental power (hard intellectual work).
11. -	Note any recently recognised bodily or mental characteristic.
12.	Record any marked artistic capacity.
13.	Note any resemblances, recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Fifteen and Twenty Years of Age.

```
25 Years
       fbs
       156
       136
       132
       124
       120
       116
       112
       108
       104
       100
        96
        92
        88
        84
        80
        76
        72
        68
        64
        60
        56
        52
        44
        40
        36
        32
        28
        24
        20
        16
        12
         8
         0
25Years
```

Males_____Females____

22Years

23Years

Z4Years

- /

ERRATUM.

CHART Y. The Stature Curve is described as the Weight Curve, and via Versa.

The following corrected Headings to Charts have not been inserted in some of the earlier copies issued. They may be cut out of this leaf and pasted in their proper places.

FROM BIRTH TO 25 YEARS OF AGE.

(This is a summary of all the preceding Charts.)

The printed curves show the average Stature and Weight of the Male and Female population during the above period of life.

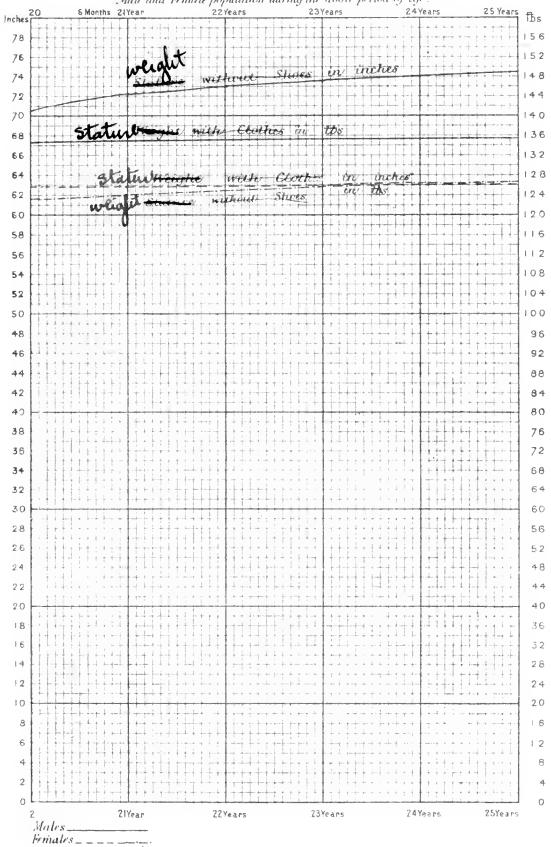
CHART VII ON WHICH TO RECORD THE STATURE AND WEIGHT FROM 25 TO 50 YEARS OF AGE.

The printed curves show the average Stature and Weight of the Male and Female population during the above period of life.

CHART VIII ON WHICH TO RECORD THE STATURE AND WEIGHT. FROM 50 TO 75 YEARS OF AGE.

CHART V ON WHICH TO RECORD THE STATURE AND WEIGHT FROM 20 TO 25 YEARS OF AGE

The printed curves show the average Stature and Weight of the Male and Female population during the above period of life.





DATE.

Record of Life History

from Twenty to Twenty-five Years of Age.

(*)

DATE.

Record of Medical Wistory

from Twenty to Twenty-five Years of Age.

made at end of Twenty-first Year.

r.	Colour of	eyes			· · • • · · · · · · · · · · · · •				
	St	ate whether d	ark blue, b	lue; grey, dar brown, dark b	k grey; browi rown (black).	n grey (green,	, light hazel) ;		
2.	Colour of	hair			• • • • • • • • • • • • • • • • • • • •				
	State wh	ether fair bro	wn (flaxen) red, dat), light brown, k red (chestnu	brown, dark b t .auburn), jet	rown ; fair re black.	ed (golden, sa	ndy),	
3.	Chest girth round nipples (Measured with the arms down after counting ten)								
4.	Strength	of pull	••••••	••••••	•••••	• • • • • • • • • • • • • • • • • • • •		•••••	•••
5.	Acuteness	s of Visio	n *:						
	Note	the greate	est dista	ince at wh	ich No. I.	is read i	n inches		
	:	,,	"	"	No. II	. is read	ın feet		•••
	(Colour vis	ion*					• • • • • • • • • • • • • • • • • • • •	
6.	Hearing.	Greatest	t distan	re in feet :	and inches	at which	a watch	can be hear	rd
		oreaces.	ı			- The Willer	water.		
		By Yourself.	By Comp.	ANIONS ABOU	r the same A re not Espec	GE AS YOUR IALLY DULL	SELF, WHO A	HEARING.	-
				1			!		
Ri	ght ear							,	
Ιω	ft ear				1				
				•••					
7.	Any notic	eable dul	ness or	acuteness	of smell,	taste, or t	ouch	••••••	•••
						•			
8.	State of te	eeth.							

^{*} See Appendix for Tests.

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.)	
10.	Mention any recent trial of mental power (hard intellectual work).	
II.	Note any recently recognised bodily or mental characteristic.	
12.	Record any marked artistic capacity.	
13.	Note any resemblances recently observed to relatives, especially parents grandparents, or any similarities in illness at corresponding ages.	and

made at end of Twenty-second Year.

I.	Colour of	eyes				• • • • • • • • • • • • • • • • • • • •	•••••
	Sta	ste whether da	rk blue, blue : bro	grey, dark g wn, dark brow	rey; brown grey (gre rn (black)	en, light hazel);	
2.	Colour of	hair	• • • • • • • • • • • • • • • • • • • •			• • • • • • • • • • • • • • • • • • • •	
	State w	hether fair bro	wn (flaxen), li red, dark r	ght brown, bro ed (chestnut, a	own, dark brown ; fair nuburn), jet black.	r red (golden, sand	y) ,
3.	Chest girt	h round n	ipples				
•		(1	Measured with	the arms dow	n after counting ten.	.)	
4.	Strength o	ot pull			••••	••••••	
5.	Acuteness	of Visio	n * :				
	Note	the greate	est distanc	ce at whicl	n No. I. is read	l in inches	
	,	,	,,	,,	No. II. is read	l in feet	••••••••
	(Colour vis	ion *				
6.	Hearing.	Greatest	distance	in feet and	l inches at which	ch a watch ca	n be heard.
		By Yourself.	By Compan TIVES,	HONS ABOUT	THE SAME AGE AS SOLUTION TO SERVICE THE SAME AGE AS SOLUTION TO SERVICE ACCORDANCE OF THE SAME AGE AS SOLUTION TO SERVICE ACCORDANCE OF THE SAME AGE AS SOLUTION TO SERVICE ACCORDANCE OF THE SAME AGE AS SOLUTION TO SERVICE ACCORDANCE OF THE SAME AGE AS SOLUTION TO SERVICE ACCORDANCE OF THE SAME AGE AS SOLUTION TO SERVICE ACCORDANCE OF THE SAME AGE AS SOLUTION TO SERVICE ACCORDANCE OF THE SAME ACCORDANCE OF THE	Yourself, who a	RE NOT RELA- HEARING.
						A STATE OF THE PARTY OF THE PAR	
	-	1	l i				1
Le	ft ear						
7.	Any notic	ceable dul	ness or ac		smell, taste, or		
8.	State of t	eeth.					

^{*} See Appendix for Tests.

9.	Mention any recent trial of bodily strength or endurance (long walk &c.).
10.	Mention any recent trial of mental power (hard intellectual work).
11.	Note any recently recognised bodily or mental characteristic.
12.	Record any marked artistic capacity.
13.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

made at end of Twenty-third Year.

Γ.	Colour of eyes						
	State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).						
2.	Colour of hair						
	State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.						
3.	Chest girth round nipples						
4.	Strength of pull.						
5.	Acuteness of Vision *:-						
	Note the greatest distance at which No. I. is read in inches						
	" No. II. is read in feet						
	Colour vision *						
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.						
	By Companions about the same Age as Yourself, who are not Rela- Yourself. By Companions about the same Age as Yourself, who are not Rela- tives, and who are not Especially Dull or Quick of Hearing.						
m !							
ľ	ght ear						
Le	oft ear						
7.	Any noticeable dulness or acuteness or smell, taste, or touch						
8.	State of teeth.						

* See Appendix for Tests.

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
10.	Mention any recent trial of mental power (hard intellectual work).
11.	Note any recently recognised bodily or mental characteristic.
r 2.	Record any marked artistic capacity.
13.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

made at end of Twenty-fourth Year.

ı.								
	Sta	ite whether dar		grey, dark pown, dark bro	grey ; brown gr wn (black).	ey (green, lig	ht hazel);	
2.	Colour of hair State whether fair brown (flaxen), light brown, brown, dark brown: fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.							
3.	Chest girth round nipples							
4.	Strength	of pull	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •		• • • • • • • • • • • • • • • • • • • •	•••••••••••••••••••••••••••••••••••••••	
5.	Acutenes	s of Visio	n *:					
	Note	the greate	st distanc	e at which	ch No. I. is	read in i	nches	
		, ,	"	"	No. II.	s read in	feet	
		Colour vis	ion *					
6.	Hearing.	Greatest	distance	in feet ar	nd inches at	which a	watch car	n be heard.
	an a	By Yourself.	By Compan Tives,	NONS ABOUT AND WHO AR	THE SAME AGE NOT ESPECIA	E AS YOURS	ELF, WHO ARI QUICK OF F	E NOT RELA- IEARING.
Ri	ght ear					, , , , , , , , , , , , , , , , , , , ,		
								i
7.	Any noti	ceable dul	ness or ac	cuteness o	of smell, tas	te, or tou	ch	
						-		
8.	State of	teeth.		•		-		

^{*} See Appendix for Tests.

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
10.	Mention any recent trial of mental power (hard intellectual work).
II.	Note any recently recognised bodily or mental characteristic.
Ι2.	Record any marked artistic capacity.
13.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

made at end of Twenty-fifth Year.

I.	Colour of eyes State whether dark hlue, hlue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).							
2.	Colour of hair State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.							
3.	Chest girth round nipples							
4.	Strength	of pull	••••••				••••••	•••••
5.	Acuteness	s of Visio	n*:					
	Note	the greate	est distan	ce at whi	ch No. I	. is read	in inches	
	,	,	,,	,,	No. I	I. is read	in feet	•••••
	(Colour vis	ion *					•••••••••••••••••••••••••••••••••••••••
6.	Hearing.	Greatest	: distance	e in feet a	nd inche	s at whic	ch a watcl	h can be heard.
	and the state of t	By Yourself.	BY COMPA	NIONS ABOUT	THE SAMI	e Age as Y	ourself, wh	O ARE NOT RELA-
Ric	tht ear				1	ļ	1	
	t ear		1					
7.	Any noti	ceabl e dul	ness or a	cuteness	of smell,	, taste, or	r touch	
8.	State of t	eeth.		•				

^{*} See Appendix for Tests.

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
10.	Mention any recent trial of mental power (hard intellectual work).
II.	Note any recently recognised bodily or mental characteristic.
12.	Record any marked artistic capacity.
13.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Twenty and Twenty-five Years of Age.

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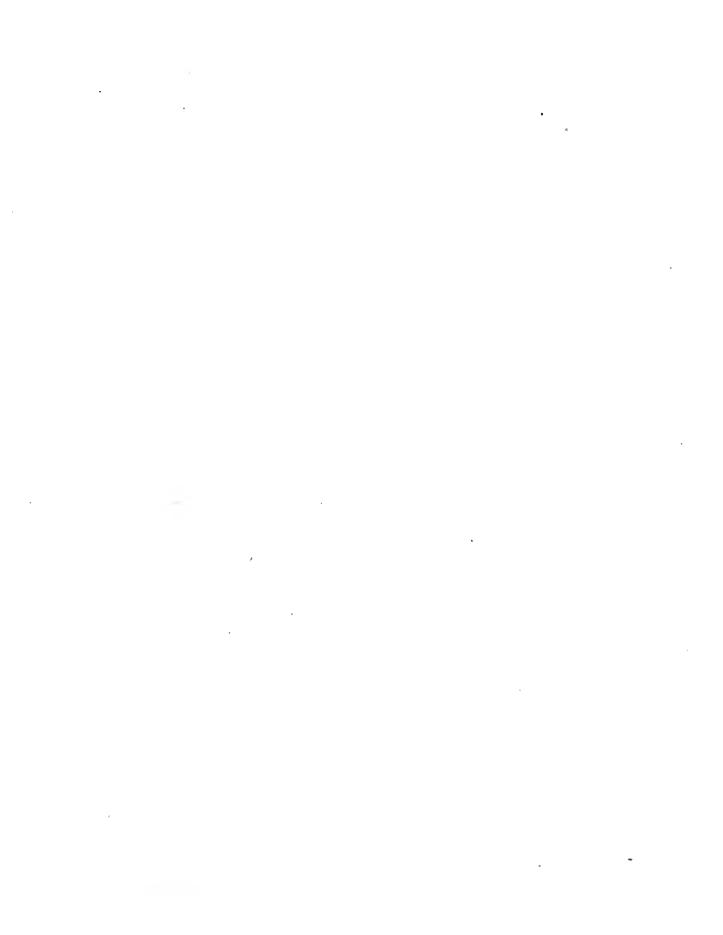


CHART VI DIAGRAM... Showing the average Stature, Weight, Chest girth, and Strength of both sexes from Birth to 25 Years of Age of the General Population of the United Kingdom.

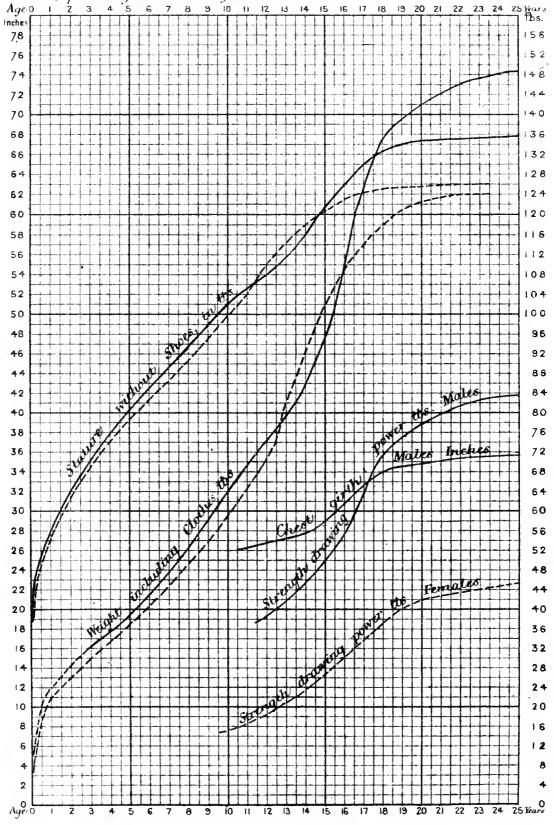
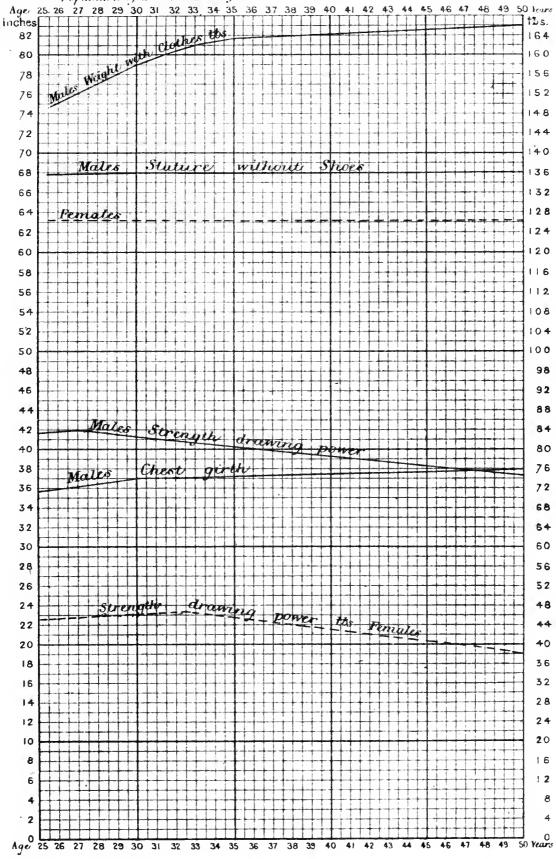


CHART VII DIAGRAM — Shewing the average Stature, Weight, Chest girth, and Strength of both sexes from Birth to 25 Years of Age of the General Population of the United Kingdom.



Record of Life Mistory

from Twenty-five to Thirty Years of Age.

Record of Medical Mistory

from Twenty-five to Thirty Years of Age.

Anthropometric Observations

made at end of Thirtieth Year.

1.	Colour of eyes				
2.	Colour of hair State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.				
3∙	Chest girth round nipples				
4,	Strength of pull.				
5.	Acuteness of Vision *:				
	Note the greatest distance at which No. I. is read in inches				
	" No. II. is read in feet				
	Colour vision *				
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.				
	By Yourself. By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.				
Ri	ght ear				
	oft ear				
7.	Any noticeable dulness or acuteness of smell, taste, or touch				
s.	State of Teeth.				

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
10.	Mention any recent trial of mental power (hard intellectual work).
11.	Note any recently recognised bodily or mental characteristic.
I 2.	Record any marked artistic capacity.
	N
13.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Twenty-five and Thirty Years of Age.

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Record of Life Wistory

from Thirty to Thirty-five Years of Age.



Record of Medical History

from Thirty to Thirty-five Years of Age.

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Anthropometric Obserbations

made at end of Thirty-fifth Year.

ı.		eyes	rk blue, blue;	grey, dark g	rey; brown gr			• • • • • • • • • • • • • • • • • • • •
2.	Colour of	*****	wn (flaxen). lig	wn, dark brown, brown, brown, brown, brown,		va : fair red (golden, sandy	
3.	Chest gire		nipples Measured with				••••••••	······································
4.	Strength	of pull				•••••	•••••	•••••••
5.	Acuteness	s of Visio	n *:					
	, Note	the greate	est distanc	e at whicl	n No. I. is	read in i	nches	·····
	,	,	,,	**	No. II. i	s read in	feet	•••••••
	•	Colour vis	ion *			••••••	•••••	•••••
6.	Hearing.	Greatest	distance	in feet an	d inches a	it which a	watch ca	n be heard.
		By Yourself.	BY COMPAN	IONS ABOUT AND WHO ARI	THE SAME A	GE AS YOURS	elf, who ar r Quick of I	E NOT RELA- HEARING.
Rig	ght ear			• • • • • • • • • • • • • • • • • • • •	,			•••••
Lef	t ear							
7.	Any noti	ceable dul	ness or ac	uteness o	f smell, ta	ste, or to	uch	•••••
8.	State of t	eeth.						

^{*} See Appendix for Tests.

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
10.	. Mention any recent trial of mental power (hard intellectual work).
11.	Note any recently recognised bodily or mental characteristic.
12.	Record any marked artistic capacity.
13.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Thirty and Thirty-five Years of Age.

Record of Life Mistory

from Thirty-five to Forty Years of Age.

Record of Medical Wistory

from Thirty-five to Forty Years of Age.

Anthropometric Observations

made at end of Fortieth Year.

I.		,	lark blue, blu	ue; grey, da	rk grey; brown grey brown (black).		azel);
2.			own (flaxen)	light brown	. brown, dark brown ut, auhurn), jet black	; fair red (gold	
3.	Chest gir	th round			down after counting		
4.	Strength	of pull		•••••	•••••	•••••	••••••
5.	Acutenes	s of Visio	on * :—				
	Note	the great	est distan	ce at whi	ch No. I. is re	ad in inche	es
	1)	,	,	"	No. II. is r	ead in feet	
	(Colour vis	sion *		•••••		, ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
6.	Hearing.	Greatest	distance	in feet a	and inches at w	hich a wat	ch can be heard.
		By Yourself.	BY COMPAN	HONS ABOUT	THE SAME AGE AS Y	ourself, who	ARE NOT RELATIVES,
Rig	ht ea r						
Lef	t ear	1					
	Any notice		ness or ac	euteness (of smell, taste,	or touch	

9.	Mention recent trial of bodily strength or endurance (long walk, &c.).
10.	Mention any recent trial of mental power (hard intellectual work).
	• • • • • • • • • • • • • • • • • • •
11.	Note any recently recognised bodily or mental characteristic.
	•
12.	Record any marked artistic capacity.
	-
13.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Thirty-five and Forty Years of Age.

Record of Life History

from Forty to Forty-five Years of Age.

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85						
	7 4					
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	-					
	1					
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19				4		

Record of Medical Wistory

from Forty to Forty-five Years of Age.

• 2

Anthropometric Obserbations

made at end of Forty-fifth Year.

г.	Colour of eyes State whether dark blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).
2.	Colour of hair State whether fair brown (flaxen). light brown, brown, dark brown: fair red (golden, sandy). red. dark red (chestnut, auburn), jet black.
3⋅	Chest girth round nipples
4.	Strength of pull
5.	Acuteness of Vision*:— Note the greatest distance at which No. I. is read in inches
	" No. II. is read in feet
6.	Colour vision * Hearing. Greatest distance in feet and inches at which a watch can be heard:
	By Yourself. By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.
•	ght earft ear
7.	Any noticeable dulness or acuteness of smell, taste, or touch
8.	State of teeth.

Mention any recent trial of bodily strength or endurance (long walk, &c.).
Mention any recent trial of mental power (hard intellectual work).
Note any recently recognised bodily or mental characteristic.
Record any marked artistic capacity.
Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Forty and Forty-five Years of Age.

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Record of Life Mistory

from Forty-five to Fifty Years of Age.



Record of Medical Wistory

from Forty-five to Fifty Years of Age.

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Anthropometric Observations

made at end of Fiftieth Year.

ı.		,				(green, light haze			
2.			own (flaxen),	light brown, b		; fair red (golden	. sandy),		
3.	Chest girth round nipples								
4.	Strength	of pull					• • • • • • • • • • • • • • • • • • • •		
5.	Acutenes	s of Visio	n *:						
	Note	the greate	est distan	ce at whicl	No. I. is re	ad in inches			
	11	٠,	,	"	No. II. is r	ead in feet	••••••		
	(Colour vis	ion *						
6.	Hearing.	Greatest	distance	in feet an	d inches at w	vhich a watch	n can be heard.		
		By Yourself.	By Compan AN	IONS ABOUT TO	HE SAME AGE AS TO TESPECIALLY D	Yourselp, who as ull or Quick or	RE NOT RELATIVES, HEARING.		
Rig	ght ear								
Le	ft ear	• • • • • • • • • • • • • • • • • • • •				•••••			
7 .			ness or ac	uteness of	smell, taste,	or touch			
3.	State of T	eeth.			ž*				

^{*} See Appendix for Tests.

9•	Mention any recent trial of bodily strength or endurance (long walk, &c.).
	•
10.	Mention any recent trial of mental power (hard intellectual work).
10.	Mention any recent that of mental power (hartt intencettial work).
-	
II.	Note any recently recognised bodily or mental characteristic.
	·
I 2.	Record any marked artistic capacity.
	•
13.	Note any resemblances recently observed to relatives, especially parents and
	grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Forty-five and Fifty Years of Age.





CHART VIII DIAGRAM _ Shewing the average Stature, Weight, Chest-girth, and Strength of both sexes from 50 to 75 Years of Age of the General Population of the United Kingdom.

Record of Life Wistory

from Fifty to Fifty-five Years of Age.

Record of Medical History

from Fifty to Fifty-five Years of Age.

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Anthropometric Obserbations

made at end of Fifty-fifth Year.

ı.	Colour of	eyes				•••••	• • • • • • • • • • • • • • • • • • • •	
	State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown. dark brown (black).							
2.	Colour of	hair			• • • • • • • • • • • • • • • • • • • •	•••••		•••••
	State wh	ether fair brov	vn (flaxen). lig red, dark i		wn, dark brow auburn), jet b		golden, sand y),
3.	Chest girt	h round n	ipples					•••••
,		C	Measured with	the arms dov	vn after count	ing ten.)		
4.	Strength	of pull	•••••	••••••		•••••	••••••	
5.	Acuteness	of Visio	n*:					
	Note	the greate	est distanc	e at which	No. I. is	read in	nches	
	,	,	,,	"	No. II. i	s read in	feet	••••••
	(Colour vis	ion *				· · · · · · · · · · · · · · · · · · ·	•••••
6.	Hearing.	Greatest	distance	in feet an	d inches a	ıt which a	watch ca	n be heard.
		By Yourself.					ELF. WHO ARI R QUICK OF H	
Rig	tht ear							•••••
Lef	t ear				***********			•••••
7. Any noticeable dulness or acuteness of smell, taste, or touch								
8.	State of t	eeth.						

^{*} See Appendix for Tests.

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
	-
10.	Mention any recent trial of mental power (hard intellectual work).
11.	Note any recently recognised bodily or mental characteristic.
12.	Record any marked artistic capacity.
13.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Fifty and Fifty-five Years of Age.

Record of Life Mistory

from Fifty-five to Sixty Years of Age.



Record of Medical Wistory

from Fifty-five to Sixty Years of Age.

Anthropometric Phserbations

made at end of Sixtieth Year.

Ι.		,	dark blue, blue; gr brown,				
2.			rown (flaxen), light red, dark red (o	brown, brown,	dark brown; fa		
3•	Chest gir	th round	nipples (Measured with th				••••••••••••
4.	Strength	of pull	•••••			••••••	••••••
5.	Acutenes	s of Visio	on *:				
	Note	the great	est distance a	t which No	. I. is read	in inche	š
	1)	1	,, ,,	No	. II. is rea	d in feet.	
6.			By Companions	eet and inc	ches at whi	ch a wate	th can be heard.
Ric	oht ear		,				1
1018	5		11				
					t.		1

^{*} See Appendix for Tests.

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
	•
10.	Mention any recent trial of mental power (hard intellectual work).
ii.	Note any recently recognised bodily or mental characteristic.
12.	Record any marked artistic capacity.
13.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Fifty-five and Sixty Years of Age.

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Record of Life Mistory

from Sixty to Sixty-five Years of Age.

Record of Medical History

from Sixty to Sixty-five Years of Age.

E. E. E. Darek eyes, darek harr.

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Anthropometric Obserbations

made at end of Sixty-fifth Year.

ı.	Colour of eyes						
	State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown. dark brown (black).						
2.	Colour of hair						
	State whether fair brown (flaxen). light brown, brown, dark brown: fair red (golden. sandy). red, dark red (chestnut, auburn), jet black.						
3⋅	Chest girth round nipples						
	(Measured with the arms down after counting ten.)						
4.	Strength of pull						
5.	Acuteness of Vision *:						
	Note the greatest distance at which No. I. is read in inches						
	" " " No. II. is read in feet						
	Colour vision *						
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard						
·	By Yourself. By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.						
Rig	ht ear						
Lef	t ear						
7. Any noticeable dulness or acuteness of smell, taste, or touch							
8.	State of teeth,						

9.	Mention any recent trial of bodily strength or endurance (long walk,	&c.).
10.	Mention any recent trial of mental power (hard intellectual work).	
11.	Note any recently recognised bodily or mental characteristic.	
12.	Record any marked artistic capacity.	
13.	Note any resemblances recently observed to relatives, especially par- grandparents, or any similarities in illness at corresponding ages.	ents and

Photographs

taken between Sixty and Sixty-five Years of Age.

Record of Life Mistory

from Sixty-five to Seventy Years of Age.

DATE.

Record of Medical Wistory

from Sixty-five to Seventy Years of Age. .



Anthropometric Observations

made at end of Seventieth Year.

1.		•	lark bl ne, blu	e; grey, dark rown, dark br	grey; brown			•
2.	Colour of hair State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.							
3.	Chest girth round nipples (Measured with the arms down after counting ten.)							
4.	Strength of pull							
5.	. Acuteness of Vision *:							
	Note	the great	est distan	ce at whic	h No. I. i	s read in	inches	
	17	1	,	"	No. II.	is read i	n feet	(15)
	(Colour vi	ion *	••••••	• • • • • • • • • • • • • • • • • • • •	,	••••••	
6.	Hearing.	Greatest	distance	in feet an	d inches	at which	a watch c	an be heard.
		By Yourself.	By Compan	IONS ABOUT T	HE SAME AGI OT ESPECIAL	e as Yourse Ly Dull or	LF, WHO ARE I QUICK OF HE	NOT RELATIVES,
D:	what one							
	ght ear							
Lei	ft ear							
7.	Any notice	eable dul	ness or ac	uteness of	smell, ta	ste, or to	nch	
8.	State of T	eeth.						

^{*} See Appendix for Tests.

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
~ <;	• Mention any recent trial of mental power (hard intellectual work).
11.	Note any recently recognised bodily or mental characteristic.
12.	Record any marked artistic capacity.
13.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Sixty-five ana Seventy Years of Age.

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DATE.

Record of Life Wistory

from Seventy to Seventy-five Years of Age.

DATE.

Record of Medical Wistory

from Seventy to Seventy-five Years of Age.

Anthropometric Observations

made at end of Seventy-fifth Year.

r.	Colour of eyes				
	State whether dark blue, blue; grey, dark grey; brown grey (green, light hazel); brown, dark brown (black).				
2.	Colour of hair				
	State whether fair brown (flaxen), light brown, brown, dark brown; fair red (golden, sandy), red, dark red (chestnut, auburn), jet black.				
3.	Chest girth round nipples				
_	(Measured with the arms down after counting ten.)				
4.	Strength ot pull				
5.	Acuteness of Vision*:—				
-	Note the greatest distance at which No. I. is read in inches				
	" " " No. II. is read in feet				
	Colour vision *				
6.	Hearing. Greatest distance in feet and inches at which a watch can be heard.				
	By Yourself. By Companions about the same Age as Yourself, who are not Relatives, and who are not Especially Dull or Quick of Hearing.				
Ri	ght ear				
Left ear					
-					
7. Any noticeable dulness or acuteness of smell, taste, or touch					

^{*} See Appendix for Tests.

9.	Mention any recent trial of bodily strength or endurance (long walk, &c.).
10.	Mention any recent trial of mental power (hard intellectual work).
ıı.	Note any recently recognised bodily or mental characteristic.
Ι2.	Record any marked artistic capacity.
13.	Note any resemblances recently observed to relatives, especially parents and grandparents, or any similarities in illness at corresponding ages.

Photographs

taken between Seventy and Seventy-five Years of Age.

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Records of Mife (or Musband) and Children.

Records of Wife (or Pusband) and Children.

Records of Wife (or Musband) and Children.

Records of Wife (or Pusband) and Children.

Records of Wife (or Musband) and Children.

Records of Wife (or Musband) and Children.

APPENDIX.

TESTS OF VISION.

TEST TYPES FOR ACUTENESS OF VISION. (A) Distant Vision.—Place this open page against a wall, at a distance of at least 15 feet, in good daylight. If you can read the annexed Test Type, No. 1, at this or at a greater distance, your vision is good. If you are unable to read it at 15 feet, then very gradually draw nearer, until you are able to do so, and note the distance in feet in the proper page and place.

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No. 1.

(B) Near Vision.—The Test Type, No. 2, may be read by a person of average sight, in good daylight and without glasses at a distance of 12 inches. If you are unable to do this, approach your eyes very gradually to the page until you are just able to read it accurately. Note the distance in inches in the appropriate page and place.

The Falses of Holyrord House stands at the sestern extremity of the city, and at the bottom of the Canonyate. It is a beautiful building, of a quadrangular form, within an open court, which is unknyt/four feet square. The more ancient parts of this fine edities, consisting of the northwest towers, were re-built by Jamese V about the year 1503, though Holyrord serves to have been an occasional repair desirence for age to before During the minority of Queen Mary, the Palses of Holyrord was burnt, as well as the city, by the English forces under the Evri of Heriford, soon after, it was repaired and malarged beyond the present size

No. 2.

In case you are not able to read it at all, make a note to that effect.

TESTS FOR COLOUR VISION.—Procure a small heap of bits of variously coloured wools, and apply to some friend, who has the credit of being able to match colours well, to test you. As women are very

rarely colour blind, the verdict of two ladies might be relied on. They should be asked to select a sample of distinctly green wool, and to request you to sort out of the rest of the heap, and to lay by the side of the sample, every bit of wool that has any tinge of green in it. The majority of the wools used for the test should be of delicate tints, and varieties of browns, pinks, reds, violets, yellows, greys, and greens. The trial should be made in good daylight, and it should be insisted upon that no clue nor guidance should be given to help you in your choice.

APPARATUS & ADDRESSES.

The Life History Sub-Committee have communicated with the following well-known London firms, to learn the prices at which the instruments, photographs, and measurements described in the Album, would be supplied or made by them.

Unicipling and Measuring Machine.—Messrs. De Grave, Short, and Co., 59, St. Martin-le-Grand, E.C. (Scale Makers to H.M. Government), have made a combined weighing and measuring machine, at the request of the Sub-Committee. Price £5 58.

They also supply a plain and very strong commercial weighing machine of superior accuracy to the above, but its use involves the handling

and lifting of heavy weights. Price, including weights, £4 4s.

Strength of Pull.—The instrument described in the Album is to be used as shown in the wood-cut.

This can also be obtained from Messrs. De Grave and Co. Price 17s. 6d.



Afrangements have been made with the well-known photographer, Mr. BARRAUD, 263, Oxford Street, Regent Circus, to take the photographs recommended on page 5 of the book—one full and one profile view of the face, to print them in permanent photography, and to insert them in the Life History Album at the price of 5s. for each sitting. The two portraits will be taken successively at the same sitting. In the case of young children, whom it is difficult to pose correctly, one portrait only will be taken. Mr. Barraud will also make copies on the scale described in page 5 of photographs taken at different periods of life; and he will print and mount them as above at the charge of 5s. for each separate photograph.

Sitters are advised to avoid light colours in their dress, especially

violets and light blues.

It is requested that appointments with Mr. Barraud may be made, when practicable, at least three days in advance, and it is expected that the sitters will be punctual.

Measurement of Meight and Weight.—The following Surgical Instrument Makers will weigh and measure children and adults at the rate of Sixpence each time:—Coxeter and Son, 23 & 24, Grafton Street East, W.C.; Hawksley, J., 357, Oxford Street, IV.; Krohne and Sesemann, 8, Duke Street, Manchester Square, W.; Weiss and Son, 62, Strand, W.C.; Wright and Co., 108, New Bond Street, IV.

Messrs. Berry, Wine and Coffee Merchants, 3, St. James's Street, gratuitously register the weights of their customers. Their ledgers were commenced in 1765, and have been continued ever since, and they contain many thousand entries.

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